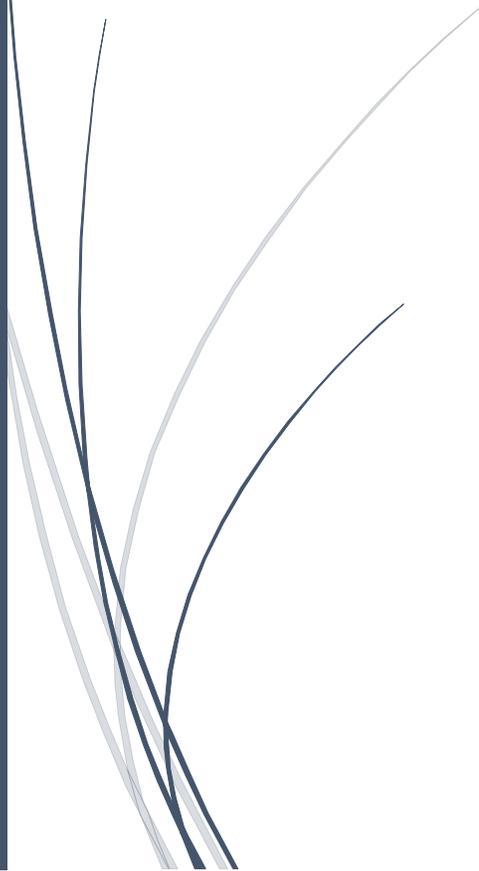




Walking Christian

Temptation

Steps to Solution



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IV. STEPS TO SOLUTION

A. Key Verse to Memorize

“No temptation has seized you except what is common to man. And God is faithful; he will not let you be tempted beyond what you can bear. But when you are tempted, he will also provide a way out so that you can stand up under it.”

([1 Corinthians 10:13](#))

B. Key Passage to Read and Reread

Romans chapter [6](#)

SEE YOURSELF DEAD TO SINFUL DESIRES

- Because you are a **believer**, you are _____ to the bondage of sin. v. [2](#)

- Because you are “_____ **into Christ**,” you picture your old pattern of sin as dead and buried and see your new power over sin. v. [3](#)

- Because you are “_____ **with Christ**,” your old way of life is buried. v. [4](#)

- **Because you are “ _____ with Christ,”** you have resurrection power over sin. v. [4](#)
- **Because you are “ _____ with Christ in His death,”** you are dead to the power of sin’s desire. v. [5](#)
- **Because you are “united with Christ in His _____,”** you have supernatural power over sin. v. [5](#)
- **Because your sin nature was “ _____ with Christ,”** your natural bent to sin is crucified. v. [6](#)
- **Because all who have _____ are free from sin,** you are no longer a slave to sin. v. [7](#)
- **Because you “died with Christ,”** you died to sin’s _____. v. [8](#)
- **Because you know that death has no mastery over Christ,** you are not to be mastered by the _____ of death. v. [9](#)
- **Because you know that Christ _____ for God,** you are to live for God. v. [10](#)
- **Because you count yourself “dead to sin,”** you deem yourself _____ to your old way of life. v. [11](#)
- **Because you have been “brought from death to life,”** your body is an instrument for _____ in a way that is right. v. [13](#)

C. The Freedom Formula

FORMULA FOR SELF-CONTROL

A New Purpose + A New Priority + A New Plan = *Transformed Life*

- Choose to _____ the character of Christ.

“For those God foreknew he also predestined to be conformed to the likeness of his Son.” (Romans 8:29)

- Choose to _____ your old habit for a new habit.

“Do not conform any longer to the pattern of this world, but be transformed by the renewing of your mind.” (Romans 12:2)

- Choose to _____ on Christ’s strength, not your own strength.

“I can do everything through him who gives me strength.” (Philippians 4:13)

- Choose to _____ God’s Gift of self-control.

“Therefore, prepare your minds for action; be self-controlled; set your hope fully on the grace to be given you when Jesus Christ is revealed.” (1 Peter 1:13)

ILLUSTRATIONS: HOW TO USE THE FORMULA

Hooked on Hunger

- A New Purpose:

- A New Priority:

- A New Plan:

I will rely on Christ’s strength, not mine ...

— _____

— _____

— _____

— _____

— _____

“Whether you eat or drink or whatever you do, do it all for the glory of God.” ([1 Corinthians 10:31](#))

Pulled by Pornography

- A New Purpose:

- A New Priority:

- A New Plan:

I will rely on Christ’s strength, not mine ...

— to develop a strategy for Internet use by either getting rid of my computer, using it only under the password supervision of my wife or roommate or by installing accountability software on my computer (for example, www.covenanteyes.com)

D. Resisting Temptation

“In your struggle against sin, you have not yet resisted to the point of shedding your blood.”

([Hebrews 12:4](#))

Recognize the source.

- _____ that Satan is the author of tempting thoughts.
- _____ Satan’s purpose is to destroy your character.
- _____ to be snared by Satan.

- _____ that Satan is a defeated foe.

“For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms.” ([Ephesians 6:12](#))

Expect to win the war.

- **Expect** to give your total _____.
- **Expect** many _____.
- **Expect** to win even if you _____ some minor battles.
- **Expect** _____ to win the war for you.

“In all these things we are more than conquerors through him who loved us.” ([Romans 8:37](#))

Search your heart.

- **Do you know** that temptation is _____ your unmet need?
- **Do you know** the unmet needs to which you are _____ (the need for love, for significance and for security)?
- **Do you know** that seeking to meet the need _____ is sin?
- **Do you know** whether you _____ want to be delivered from this sin?
- **Do you know** that you are _____ to overcome sin in your own strength?
- **Do you know** that God will _____ your need in His time?

“Humble yourselves, therefore, under God’s mighty hand, that he may lift you up in due time.” ([1 Peter 5:6](#))

Imagine the consequences.

- **Think** about the loss of your _____.
- **Think** about the _____ and _____ you would experience.
- **Think** about the loss of _____ and a clear conscience.
- **Think** about the _____ you may cause others.
- **Think** about the tragic _____ suffered by those who yielded to temptation in Scripture:
 - Lot’s wife was turned to salt. (Read [Genesis 19:1–29](#).)
 - Samson lost his sight and strength. (Read Judges chapter [16](#).)
 - David grieved over his divided family. (Read [2 Samuel 12:9–12](#).)

“Because of your wrath there is no health in my body; my bones have no soundness because of my sin.” ([Psalm 38:3](#))

Sense God’s presence.

- **God** is with you every _____.
- **God** knows your _____ and _____.
- **God** knows your every _____.
- **God** knows how to help you _____ your thoughts.

“Nothing in all creation is hidden from God’s sight. Everything is uncovered and laid bare before the eyes of him to whom we must give account.” ([Hebrews 4:13](#))

Transform your thoughts with truth.

- _____ your temptation as a test of loyalty.
- _____ the spiritual truth that sin has no power over you.
- _____ regular time praying for Christ’s strength.
- _____ God’s will and way through reading His Word.
- _____ specific Scriptures to memorize that apply to your area of temptation.

— temptation to be _____

“When words are many, sin is not absent, but he who holds his tongue is wise.” ([Proverbs 10:19](#))

— temptation to be _____

“Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen.” ([Ephesians 4:29](#))

— temptation to be _____

“Do not swerve to the right or the left; keep your foot from evil.” ([Proverbs 4:27](#))

— temptation to be _____

“Can a man walk on hot coals without his feet being scorched? So is he who sleeps with another man’s wife; no one who touches her will go unpunished.” ([Proverbs 6:28–29](#))

— temptation to be _____

“A gossip betrays a confidence, but a trustworthy man keeps a secret.” ([Proverbs 11:13](#))

— temptation to be _____

“I made a covenant with my eyes not to look lustfully at a girl.” ([Job 31:1](#))

— temptation to be _____

“Do not judge, or you too will be judged.” ([Matthew 7:1](#))

— temptation to be _____

“What causes fights and quarrels among you? Don’t they come from your desires that battle within you?” ([James 4: 1](#))

— temptation to be _____

“Everyone should be quick to listen, slow to speak and slow to become angry, for man’s anger does not bring about the righteous life that God desires.” ([James 1:19–20](#))

“The weapons we fight with are not the weapons of the world. On the contrary, they have divine power to demolish strongholds. We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ.”

([2 Corinthians 10:4–5](#))

E. The Road Back Home

“So he got up and went to his father. But while he was still a long way off, his father saw him and was filled with compassion for him; he ran to his son, threw his arms around him and kissed him.”

([Luke 15:20](#))

THE ROAD BACK HOME

Isaiah chapter [30](#)

Isaiah chapter [30](#) pictures God’s relationship with His Hebrew children. They had been rebellious, deceitful and disobedient. “These are rebellious people, deceitful children, children unwilling to listen to the Lord’s instruction” ([Isaiah 30:9](#)). In spite of their rebellion, God reveals His compassion and His provision for their way back home. (Read [Isaiah 30:15–26](#).)

- R _____

“This is what the Sovereign Lord, the Holy One of Israel, says: ‘In repentance and rest is your salvation, in quietness and trust is your strength, but you would have none of it.’ ” ([Isaiah 30:15](#))

Repentance involves _____ grief over your sin—not just _____ for the consequences.

Repentance also requires total _____ before God, acknowledging your _____ and turning from temptation.

- R _____

“The LORD longs to be gracious to you; he rises to show you compassion. For the Lord is a God of justice. Blessed are all who wait for him!” ([Isaiah 30:18](#))

Accept God’s _____ toward you as He offers His forgiveness.

Rest in His _____.

Don’t run ahead of the Lord ... just _____ to know His will.

- R _____

“O people of Zion, who live in Jerusalem, you will weep no more. How gracious he will be when you cry for help! As soon as he hears, he will answer you.” (Isaiah 30:19)

Cry out for help! As soon as God hears you, He will answer you. Although you have _____, your pain will be eased as you allow His grace to _____ your heart.

- R _____

“Whether you turn to the right or to the left, your ears will hear a voice behind you, saying, ‘This is the way; walk in it.’ ” (Isaiah 30:21)

Once you return to God, you must learn His path for your life. As you pray and spend time in His Word, you will hear His voice telling you the way you must go. This way includes making _____ and accepting _____.

- R _____

“Then you will defile your idols overlaid with silver and your images covered with gold; you will throw them away like a menstrual cloth and say to them, ‘Away with you!’ ” (Isaiah 30:22)

As you yield yourself to God’s power, sin’s power will lose its hold on you. You will no longer be mastered by your desire to sin nor will you be in _____ to that which has controlled your mind, will and emotions.

- R _____

“He will also send you rain for the seed you sow in the ground, and the food that comes from the land will be rich and plentiful. In that day your cattle will graze in broad meadows. The oxen and donkeys that work the soil will eat fodder and mash, spread out with fork and shovel.... Streams of water will flow on every high mountain and every lofty hill. The moon will shine like the sun, and the sunlight will be seven times brighter, like the light of seven full days, when the LORD binds up the bruises of his people and heals the wounds he inflicted.” (Isaiah 30:23–26)

God will always bring blessing to the _____ heart that returns home. Your life will be richer, and the sun will shine brighter as you walk in communion with the Father of Compassion.

Sin is a declaration of independence from God. But when we choose sin, we find ourselves in slavery to sin. We abolish slavery when we believe God’s Word that the Christian is “dead to sin”—sin’s power. Abolish slavery with a declaration of independence from sin and experience your freedom in Christ.

—June Hunt



TURN FROM TEMPTATION

WHEN TEMPTED TO ...

- **Blame God**

“When tempted, no one should say, ‘God is tempting me.’ For God cannot be tempted by evil, nor does he tempt anyone.” ([James 1:13](#))

- **Complain**

“Do everything without complaining or arguing, so that you may become blameless and pure, children of God without fault in a crooked and depraved generation, in which you shine like stars in the universe.” ([Philippians 2:14–15](#))

- **Doubt God**

“What is impossible with men is possible with God.” ([Luke 18:27](#))

- **Give Up**

“Therefore, since we are surrounded by such a great cloud of witnesses, let us throw off everything that hinders and the sin that so easily entangles, and let us run with perseverance the race marked out for us.” ([Hebrews 12:1](#))

- **Lie**

“Truthful lips endure forever, but a lying tongue lasts only a moment.” ([Proverbs 12:19](#))

- **Lust**

“You have heard that it was said, ‘Do not commit adultery.’ But I tell you that anyone who looks at a woman lustfully has already committed adultery with her in his heart. If your right eye causes you to sin, gouge it out and throw it away. It is better for you to lose one part of your body than for your whole body to be thrown into hell. And if your right hand causes you to sin, cut it off and throw it away. It is better for you to lose one part of your body than for your whole body to go into hell.” ([Matthew 5:27–30](#))

- **Quarrel**

“Keep reminding them of these things. Warn them before God against quarreling about words; it is of no value, and only ruins those who listen.” ([2 Timothy 2:14](#))

- **Worry**

“Do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more important than food, and the body more important than clothes? Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. Are you not much more valuable than they? Who of you by worrying can add a single hour to his life? And why do you worry about clothes? See how the lilies of the field

grow. They do not labor or spin. Yet I tell you that not even Solomon in all his splendor was dressed like one of these. If that is how God clothes the grass of the field, which is here today and tomorrow is thrown into the fire, will he not much more clothe you, O you of little faith? So do not worry, saying, 'What shall we eat?' or 'What shall we drink?' or 'What shall we wear?' For the pagans run after all these things, and your heavenly Father knows that you need them. But seek first his kingdom and his righteousness, and all these things will be given to you as well. Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own." ([Matthew 6:25–34](#))

- **Angry**

"My dear brothers, take note of this: Everyone should be quick to listen, slow to speak and slow to become angry, for man's anger does not bring about the righteous life that God desires." ([James 1:19–20](#))

- **Discouraged**

"We are hard pressed on every side, but not crushed; perplexed, but not in despair; persecuted, but not abandoned; struck down, but not destroyed." ([2 Corinthians 4:8–9](#))

- **Disobedient**

"This is love for God: to obey his commands. And his commands are not burdensome." ([1 John 5:3](#))

- **Impatient**

"Be completely humble and gentle; be patient, bearing with one another in love." ([Ephesians 4:2](#))

- **Self-sufficient**

"I am the vine; you are the branches. If a man remains in me and I in him, he will bear much fruit; apart from me you can do nothing." ([John 15:5](#))

- **Unforgiving**

"Bear with each other and forgive whatever grievances you may have against one another. Forgive as the Lord forgave you." ([Colossians 3:13](#))

- **Unsubmissive**

"Submit to one another out of reverence for Christ." ([Ephesians 5:21](#))

- **Vengeful**

"Do not repay anyone evil for evil. Be careful to do what is right in the eyes of everybody. If it is possible, as far as it depends on you, live at peace with everyone. Do not take revenge, my friends, but leave room for God's wrath, for it is written: 'It is mine to avenge; I will repay,' says the Lord. On the contrary: 'If your enemy is hungry, feed him; if he is thirsty, give him something to drink. In doing this, you will heap burning coals on his head.' Do not be overcome by evil, but overcome evil with good." ([Romans 12:17–21](#))

"I have hidden your word in my heart that I might not sin against you."

([Psalm 119:11](#))

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